

# Senior Adults

## CALL (434) 455-4000

for information about Senior Adult Programs. Our main office is located on the first floor of the Miller Center, 301 Grove Street. Walk-in assistance is available Monday – Friday, 8:30 am – 5:00 pm.

### Advance Registration Required

Please see registration information, including deadlines, payment cancellation and refund policies on our registration page. If predetermined minimum numbers are not met by the registration deadline, the activity may be cancelled or late fees may apply. Make checks payable to “City of Lynchburg”. Please mail or drop off registrations and payments to:

*Senior Administrative Aide  
Parks and Recreation Department  
301 Grove Street, Lynchburg, VA 24501*

Adults ages 55 and over and their spouses are welcome. In addition, adults under age 55 may register one week prior to the Senior Program activities as space allows. For the safety and well being of all participants, Senior Adult Program activities and centers are open to all individuals (age 55 and over) and their spouses, who are physically able to negotiate in a center/program setting, are mentally alert, and are able to function *independently*. Those seniors needing assistance may bring a responsible adult of any age. This person must also register and pay activity costs.

### Newsletter and Senior Information Packets

Pick up a copy of our monthly newsletter which provides an expanded listing of activities for senior adults. Are you new to the area? Call (434) 455-4000 or stop by and pick up a senior information packet. Each packet includes a current newsletter, ongoing year-round programs, directions to centers, and a City map.

### Transportation

The department handicap accessible mini-bus provides curb-to-curb transportation to and from many programs for City senior residents for a nominal donation. Assistance is also available for quick courtesy stops and shopping. Call 455-5896 by noon the day before to request transportation or a ride.

## Annual Spring Banquet

Join us for this annual event as we celebrate Spring. Highlighting this year's banquet is special music, a silent auction, door prizes and a buffet luncheon prepared by Country Kitchen Catering Services. Van/mini bus transportation is available to City residents. If needed, request ride when you purchase your ticket. Tickets are on sale at the main office during registration hours and at the centers during senior programs. Tickets are on sale 2/26-3/23.

CR & NR \$7.00

Chestnut Hill United Methodist Church

<u>Day</u>	<u>Date</u>	<u>Time</u>
TH	3/29	12:00 noon

## Annual Spring Picnic

Enjoy this beautiful City park. Activities for the day include softball, volleyball, horseshoes, a food demo and tasting, entertainment, bingo and a box lunch. There's something for everybody! This event is held rain or shine. Tickets are on sale 4/23–5/14.

CR & NR \$5.00

Peaks View Park Large Pavilion  
Wiggington Road Entrance

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	5/23	9:00 am-1:30 pm

## The Oscars Ball

**Ages 18 & Up**  
**Dance, movie, and music lovers**

Dress for the red carpet (optional) and join 97 Bob FM DJ Sandi Conner for all of your favorite dance hits at this movie-themed event. Enjoy shag and ballroom dance contests, door prizes, and refreshments. Tickets on sale at the Miller Center, centers and Tom Jones Drug.

\$7 Advance/\$10 Door

**Saturday, 2/24**  
**8:00–11:00 pm**  
**Forest Recreation Center**

## Free Movie Matinees

Invite a friend and enjoy a movie on the big screen without the big price! Hot-n-fresh popcorn and cold sodas are available for purchase at 25¢ each. See our monthly newsletter for the current movie selection. Transportation is available to City residents for a nominal donation by calling 455-5896 by noon the day before. Seating begins at 12:45 pm.

2/14: *The Notebook* – They say you never forget your first love. A love story told by a man to a woman in a nursing home. Starring James Garner and Gena Rowlands.

3/14: *An Unfinished Life* – Set among the rugged ranchlands of Wyoming, a modern-day family learns the true meaning of forgiveness. Starring Robert Redford, Morgan Freeman and Jennifer Lopez.

4/11: *Pirates of the Caribbean – The Curse of the Black Pearl* – Kidnapping, pirates, ships and romance are all part of the action-adventure comedy starring Johnny Depp.

5/9: *Pirates of the Caribbean – Dead Man's Chest* – Continuing with the adventures of Jack Sparrow from the first movie, Jack's friends must save his life from the infamous pirate Davey Jones. Starring Johnny Depp.

Miller Center Auditorium

<u>Day</u>	<u>Date</u>	<u>Time</u>
W	2/14, 3/14, 4/11, 5/9	1:00 pm

## Chess Club

Whether you are a novice or a seasoned player, you'll enjoy spending time with like-minded people.

Templeton Senior Center

<u>Day</u>	<u>Date</u>	<u>Time</u>
1st & 3rd TH	2/1-5/17	10:00 am

## Seniors On The Go Shopping with Ralph

Every second and fourth Thursday of the month, a local shopping outing is offered to those that need door-to-door transportation. A small donation to cover costs is optional. The first shopping outing is to Wal-Mart, and the second one is to another local shopping center. Limited seating is available. See the calendar in our monthly newsletter for more information. To register, call 455-5896 by noon the day before.

## Like to Surf the Web?

Our monthly newsletter and calendar, along with the current movie listing, is available by going to [www.lynchburg.gov/parksandrec](http://www.lynchburg.gov/parksandrec).

## Income Tax Assistance

Be sure to bring all pertinent papers to the Templeton Center and have your taxes prepared by AARP/IRS trained volunteers. Take advantage of this free service. (No tax assistance on 2/19 or 3/10.) Priority assistance is given to seniors.

Templeton Senior Center – Contact: Lynn Fox

<u>Day</u>	<u>Date</u>	<u>Time</u>
M W SA	2/3-4/16	9:00 am–12:30 pm



# Senior Adults



## Beginning Bridge Ages 55 & Up

Instructor Ed Moldenke takes you step by step into the challenging game of bridge. Learn something new in each lesson of this eight-week beginner level class. Register and pay by 1/31.

CR \$25.00; NR \$38.00

Templeton Senior Center – Contact: Lynn Fox

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74002.110	T	2/6-3/27	9:30-11:30 am

## Hearth Basket Class Ages 55 & Up

Instructor Beth Ford takes you step by step through the weaving process as you complete the beautiful display basket. All basketry supplies furnished. Students should bring items on supply list. Register by 2/2.

CR \$20.00; NR \$30.00

Templeton Senior Center – Instructor: Elizabeth Ford

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74402.110	TH	2/15-2/22	1:00-4:00 pm

## Genealogy Workshop Ages 55 & Up

Have you ever wanted to know more about your family? This beginner class uses local resources and internet sites to help you conduct your own family search.

- Session 1:** Overview of resources with an emphasis on avoiding common mistakes – Templeton Senior Center
- Session 2:** Tour of Jones Memorial Genealogy Library
- Session 3:** Internet research class at the Lynchburg Public Library
- Session 4:** Tour of Bedford Clerk's Office and Bedford Genealogy Museum
- Session 5:** Cemetery tour around Lynchburg
- Session 6:** Display your research in an attractive format – Templeton Senior Center

CR \$25.00; NR \$38.00

Optional transportation available for additional fee; pay onsite

Templeton Senior Center – Contact: Marsha Berry

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74003.110	W	2/21-3/28	10:00 am-12:00 noon

## “Thumbprints” Play and Lunch Van Outing Ages 55 & Up

Celebrate Black History Month as we travel to the Academy of Fine Arts to see the play “Thumbprints.” The play focuses on the Supreme Court decision that changed a nation: Brown v. Board of Education. “Thumbprints” is an original play written by Brooke Farmer. Local students are featured in the production that is directed by Michelle Velastegui. Lunch is on your own at nearby Depot Grille after the performance. Meet at Miller Center rear lot. Register by 1/29.

CR & NR \$5.00

Optional transportation is \$2.00, payable onsite

Miller Center – Contact: Tamara Reynolds

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
75001.114	SA	2/3	10:00 am-1:30 pm

## Snow Tubing “The Plunge” at Wintergreen Ages 55 & Up

Remember sleigh riding as a kid? Experience a downhill thrill while you sit and ride a snow tube along a 900' long designated lane with a 100' vertical drop. You must be able to negotiate approximately 40 steps to arrive at “The Plunge.” Bring a complete dry change of clothes. We will depart at 12:30 pm from the rear lot of the Miller Center. Our snow tubing session runs from 2:00-4:00 pm. Snacks will be provided on the ride home. Inclement weather date is 2/15. Register by 2/5.

CR \$23.00; NR \$35.00

Miller Center Contact: Tamara Reynolds

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
75000.110	TH	2/8	12:30-6:00 pm

## Beauty & the Beast Theatre Van Trip Ages 55 & Up

Experience this magical moment as the talented students of Heritage High School bring “Beauty and the Beast” to life. This Disney classic is full of romance and adventure and is sure to touch the childlike spot in your heart! Dinner at La Villas is on your own. Register by 3/14.

CR & NR regular admission \$8.00

Senior Partners Card holders free!

Optional transportation is \$2.00; payable onsite

Miller Center – Contact: Jamey Love

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
75001.120	M	3/19	5:00-10:00 pm

## Mountain Meadow Alpaca Farm and Lunch Ages 55 & Up

Find out all you ever wanted to know about alpacas on a tour of Mountain Meadow Alpaca Farm in Goode! Visit the farm shop that features alpaca yarn and many other alpaca and llama products. After the tour, we will dine at Ruby Tuesdays. Lunch and shopping is on your own. Meet in the rear lot of the Miller Center. Register by 4/24.

CR & NR optional transportation fee is \$5  
Payable onsite

Miller Center – Contact: Tamara Reynolds

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
75001.133	TH	4/26	10:00 am-1:00 pm

## Beginning Tap Dance Class Ages 55 & Up

“Shuffle” your way to better health with this new, fun class. Learn the basic tap steps and a few short combinations to get your heart rate up and your feet moving in this six-week class! Register by 2/2.

CR \$10.00; NR \$15.00

Miller Center Room 205 – Contact: Jamey Love

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74208.110	TH	2/8-3/15	1:00-2:00 pm

## Beginner Line Dance Class Ages 55 & Up

Grab your boots and enjoy a six-week beginner line dance class. This class is easy, but will get your heart rate up for a good cardio workout. Space is limited. Register by 4/2.

CR \$10.00; NR \$15.00

Fairview Heights Neighborhood Center

Instructor: Linda Parker

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74100.130	W	4/4-5/9	10:30-11:20 am

## Beginning Tai Chi for Seniors Ages 55 & Up

Tai Chi can improve balance, posture, breathing, muscle tone, bone strength, and organ and gland functioning. This peaceful and beautiful dance-like exercise is especially designed for seniors. Handouts are furnished. Wear comfortable clothing and athletic shoes. Register by 2/2.

CR \$30.00; NR \$45.00

Templeton Senior Center Contact: Marilyn Bryant

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74202.110	TU	2/6-3/27	3:30-4:30 pm

## Continuing Tai Chi for Seniors Ages 55 & Up

Learn a new Tai Chi routine this month from a certified Tai Chi instructor so you can incorporate it into your regular life and reap the many health benefits. Beginners welcome. Wear comfortable clothing and athletic shoes. Register by 3/29.

CR \$30.00; NR \$45.00

Templeton Senior Center – Instructor: Marilyn Bryant

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74202.130	TU	4/3-5/22	3:30-4:30 pm

## Easy Does It Fitness Ages 55 & Up

Low-impact, self-paced classes help trim and tone. Regular exercise is the best way to ensure better health and overall well being. Certified instructors help you work at your own pace to stay physically fit. Register and pay by the first class of each month.

CR \$10.00; NR \$15.00

Fairview Heights Neighborhood Center

Instructors: Lori Maffett and Shannon Douglas

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74201.112	M W F	2/2-2/28	12:30-1:00 pm
74201.122	M W F	3/2-3/30	12:30-1:00 pm
74201.132	M W F	4/2-4/30	12:30-1:00 pm



**LOOK**  
for our summer  
schedule  
in the April 19  
edition of  
*The News &  
Advance*



# Senior Adults



**Ladies Fitness**  
**Ages 55 & Up**

Enjoy low-impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Some floor exercises and weight training are part of this class. Certified instructors help you as you work at your own pace. Register by the first class each month.

Instructors Lori Maffett and Shannon Douglas  
CR \$20.00; NR \$30.00  
Fairview Heights Neighborhood Center  
Contact: Jamey Love

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74200.112	M W F	2/2-2/28	11:30 am-12:20 pm
74200.122	M W F	3/2-3/30	11:30 am-12:20 pm
74200.132	M W F	4/2-4/30	11:30 am-12:20 pm

**Yoga**  
**Ages 55 & Up**

Learn this form of slow, controlled exercise that combines stretching, breathing and holding postures. A certified fitness instructor guides you through the class. No experience is necessary and poses will be adapted to ability levels. Participants should wear comfortable clothes that allow for complete movement.

CR \$20.00; NR \$30.00  
Templeton Senior Center – Instructor: Tim Laurent

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74203.110	TU	2/6-2/27	8:45-9:15 am

**Evening Aerobics Class**  
**Ages 55 & Up**

Energize your life with an aerobic workout. Trained fitness instructors with Adult Health & Fitness lead this 50-minute workout.

CR \$20.00; NR \$30.00  
Templeton Senior Center – Instructor: Tim Laurent

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
74207.350	M W	2/5-2/26	5:30-6:20 pm

**Senior Bowling**

No registration required. Weekly recreational bowling without the stress of league attendance and play. All skill levels welcomed.

\$1.07/game, payable onsite  
Fort Hill Bowling Center – Contact: Marilyn Bryant  

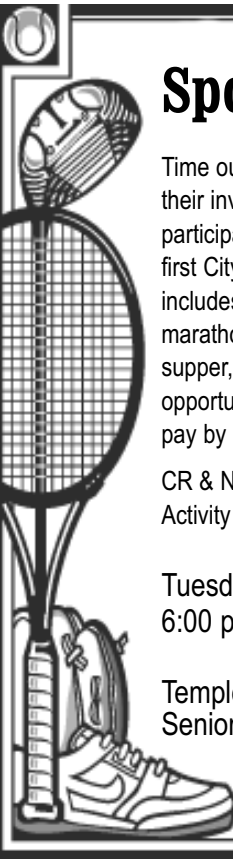
<u>Day</u>	<u>Time</u>
Every TU	1:00 pm

**Indoor Softball**  
**Ages 55 & Up**

Stay active through the winter months with this fun-filled, fast-paced indoor version of softball. This activity is co-ed and open to players of all skill levels. No prior playing experience required.

CR & NR \$5.00 per month  
Location TBA – Contact: Lynn Fox

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73702.112	W	2/7-2/28	9:00-11:00 am
73702.122	W	3/7-3/28	9:00-11:00 am




## Sports Banquet

Time out! All sports program participants, their invited guests and prospective participants are encouraged to attend our first City-Wide Sports Banquet. The evening includes a motivational talk by ultra marathoner David Horton, a delicious buffet supper, brief overviews of current sports opportunities, and door prizes. Register and pay by 1/26. Inclement weather date is 2/1.

CR & NR: \$5.00  
Activity #73704.350

Tuesday, 1/30  
6:00 pm

Templeton Senior Center



**Outdoor Softball Opening Day Lunch**  
**Ages 55 & Up**

Celebrate the opening of the outdoor season as players and spectators join together for lunch immediately following the game. Register by 3/30.

CR & NR Lunch Cost \$3.00 – Payable onsite  
Templeton Senior Center – Contact: Lynn Fox  

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73000.130	W	4/4	12:00 noon-1:00 pm

**Senior Adult Softball**  
**Ages 55 & Up**

Co-ed softball for players of all skill levels. Play is held in a relaxed and friendly atmosphere focusing on exercise and fellowship. Those wishing more competitive play should consider the Adult Softball Leagues.

CR & NR \$5.00 per month  
Peaks View Park Field 6 – Contact: Lynn Fox  

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73702.133	W	4/4-4/25	10:00 am-12:00 noon

**Senior Adult Volleyball**  
**Ages 55 & Up**

Fitness, fun and friendly competition are the focus of this weekly play. Teams of various skill levels are formed for co-ed teams. Come out and enjoy the fellowship and athletic competition.

CR & NR \$5.00  
Location TBA – Contact: Marsha Berry  

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73703.112	TH	2/1-2/22	3:30-5:30 pm
73703.122	TH	3/1-3/29	3:30-5:30 pm
73703.130	TH	4/5-4/26	3:30-5:30 pm

**Horseshoes**  
**Ages 55 & Up**

Have fun pitching horseshoes in the clay pits at Miller Park. Bring your own horseshoes or use ours. This is a co-ed activity for both experienced and beginning players. Come on out to make new friends and develop your skills.

CR & NR \$5.00 per month  
Miller Park – Contact: Tamara Reynolds  

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
73709.130	TH	4/5-4/26	10:30 am-12:00 noon

**Attention Golfers!**  
**Golf Get-A-Ways**

Co-ed golfers get ready for the 2007 season as we travel to clubs and courses around the area. Do you have a recommendation? Give us a call and let us know where you want to go. Watch the newsletter this spring for dates and locations.



**Virginia Senior Games**

Senior athletes from across the state look forward to this annual event. From softball throw to swimming, and cycling to canasta, there is something for everyone. The games return to the Virginia Beach area this year. Swimming events will be held on 5/4 & 5/5 with the other events scheduled for 5/10-5/13. Check with our office in early March for details, or go online and check out the Virginia Recreation and Parks Society website at [www.vrps.com](http://www.vrps.com).

**Putt Putt League**  
**Organizational Meeting**

Plan to meet at Putt Putt on Timberlake Road as plans are made to form a Senior Putt Putt League. Please call Lynn Fox at 455-4115 if you are interested in more information.

<u>Day</u>	<u>Date</u>	<u>Time</u>
M	4/16	2:00 pm

**Health & The Senior Athlete**

Orthopedic surgeon Dr. Peter Caprise presents “Injury Prevention and Bone Health in the Senior Athlete”. Find out how to prevent injury while maintaining an active lifestyle. Join us for a fun game of volleyball after the program! Refreshments are provided.

Heritage Methodist Church Gym		
<u>Day</u>	<u>Date</u>	<u>Time</u>
TH	2/8	3:15 pm

**Senior Program Locations**

College Hill Center . . . . . 811 Jackson Sreet  
Fairview Center . . . . . 3621 Campbell Avenue  
Jefferson House Apts. . . . . 1818 Langhorne Square  
Meadowbrook Apts. . . . . 1201 Long Meadows Drive  
Templeton Senior Center . . 225 Wiggington Road

Call (434) 455-4000 for more information.